



MEDICINAL PROPERTIES OF CURRY LEAF

**Popular
Article**

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ABSTRACT

Curry leaves are natural flavouring agents with a number of important health benefits, which makes food both healthy and tasty along with pleasing aroma. They contain various antioxidant properties and have the ability to control diarrhea, gastrointestinal problems such as indigestion, excessive acid secretion, peptic ulcers, dysentery, diabetes and an unhealthy cholesterol balance. They are also believed to have cancer fighting properties and are known to help protect the liver. The scientific name of the curry plant is *Murraya Koenigii Spreng* and it belongs to the *Rutaceae* family.

Introduction

The curry tree is a tropical to sub-tropical tree, which is native to India, Sri Lanka and Andaman Islands. Its leaves are used in many Indian dishes. However, they are mostly used in curries. That is why they are termed as *curry leaf* or *kaddi patta*. They are also known as “sweet neem leaves”. This is one of the highly used herbs in India. Curry leaves add aroma and taste to our dishes; at the same time, they have many health benefits too.

The leaves, the bark, the root and the fruits of curry leaf possess the qualities of a herbal tonic, stimulant and anti flatulent.



Fig 1. Curry leaves

For stomach:

- Fresh juice of curry leaves, mixed with lime juice and sugar is an effective medicine in the treatment of morning sickness, nausea and vomiting.
- An infusion of roasted leaf is also used to stop vomiting.
- Paste of curry leaves mixed with buttermilk, can also be taken on an empty stomach in case of stomach upsets.
- Tender leaves with honey are useful in case of diarrhea, dysentery and piles. Chewing of tender leaves helps in controlling of loose motion.
- Curry leaf and black pepper beaten with sour curd is beneficial to those suffering from gas formation due to indigestion.
- It enhances appetite, improve digestion and eliminate body heat and fever.

For hairs:

- Curry leaf has the property to nourish the hair roots and hence liberal intake of these leaves is beneficial in preventing premature graying of hair.
- Curry leaves when boiled in coconut oil till they are reduced to blackened residue is an excellent hair tonic to stimulate hair growth and in retaining the natural pigmentation.

For skin:

- Curry leaf is also used to treat burns, bruises and skin eruptions. Leaf should be applied as a poultice over the affected areas.

- Curry leaves cooked in milk and ground to a paste, when applied to poisonous insect bites and other wounds and cuts, relieves pain and removes swelling.
- Curry leaf when ground with raw turmeric to a paste and applied on the foot prevents cracking.

For tooth:

- The branches of curry leaf are very popular for cleaning the teeth as *datun* and are said to strengthen the gums and the teeth.

Fights anaemia:

- Curry leaves are a rich source of iron and folic acid. Folic acid is mainly responsible for carrying and helping the body absorb iron, and since *kadi patta* is a rich source of both the compounds, it is the natural remedy to beat anaemia.

In general, curry leaf essential oil is used against diabetes, hair loss and as a means of helping the skin to

maintain its natural pigmentation. The oil exhibited has a strong antibacterial and antifungal activity. It enhances appetite, improve digestion and eliminate body heat and fever.

Conclusion

Most people think that curry leaves just add flavor to the food and they throw the leaves away while eating their soup or curry. However, curry leaves are far more important than many people realize, and they offer a number of health benefits without the side effects of other medicines.

Reference

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